Please cancel claims 1-29, without disclaimer; and add new claims 30-56. A complete list of the claims of this application follows.

Claims 1-29 (cancelled).

Claim 30 (New): A bicycle wheel hub, having a hollow tubular body and an interior diameter that is spaced from a central hub axis extending longitudinally through the hollow tubular body, the hollow tubular body comprising:

a plurality of fabric strips each strip having a longitudinal axis, the plurality of fabric strips each having fibre fabric incorporated in a matrix material, each of the plurality of fabric strips being spaced from the central hub axis with the strip longitudinal axis oriented generally orthogonally to the central hub axis, and

a plurality of fabric plies each ply having a longitudinal axis, each of the plurality of fabric plies having fibre fabric incorporated in a material matrix, the plurality of fabric plies each being spaced from the central axis with the ply longitudinal axis oriented generally parallel to the central hub axis, wherein the plurality of fabric plies are integrated with the plurality of fabric strips.

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Claim 31 (New): The bicycle wheel hub of claim 30, wherein at least some of the plurality of fabric strips and the plurality of fabric plies are interspersed with each other in an overlapping alternating fashion.

Claim 32 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body has first and second ends, at least one of the plurality of fabric strips is located at one of the first and second ends.

Claim 33 (new): The bicycle wheel hub of claim 32, wherein at least one of the plurality of fabric strips is located at each of the first and second ends.

Claim 34 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body includes a central portion located between the first and second ends that includes at least one of the plurality of strips.

Claim 35 (New): The bicycle wheel hub of claim 30, wherein at least one of the plurality of strips has a plurality of recesses in a lateral edge thereof.

Claim 36 (New): The bicycle wheel hub of claim 30, wherein at least one of

the plurality of strips has a plurality of extensions along a lateral edge thereof.

Claim 37 (New): The bicycle wheel hub of claim 30, wherein at least one of the plurality of strips has a combination of a plurality of recesses and a plurality of extensions along a lateral edge thereof.

Claim 38 (New): The bicycle wheel hub of claim 37, wherein the plurality of recesses are generally rectilinear.

Claim 39 (New): The bicycle wheel hub of claim 37, wherein the plurality of recesses are generally triangular.

Claim 40 (New): The bicycle wheel hub of claim 30, wherein at least one of the plurality of fabric plies extends an entire length of the hub as measured generally parallel to the central hub axis.

Claim 41 (New): The bicycle wheel hub of claim 30, wherein the plurality of fabric plies are located on multiple sides of the hollow tubular body to form a complete layer of the hollow tubular body.

Claim 42 (New): The bicycle wheel hub of claim 30, wherein the plurality of fabric plies are provided in pairs on diametrically opposite sides of the hollow tubular body.

Claim 43 (New): The bicycle wheel hub of claim 30, wherein the pairs of the plurality of fabric plies are angularly spaced from each other when the pairs are viewed along the central hub axis.

Claim 44 (New): The bicycle wheel hub of claim 30, wherein the pairs of the plurality of fabric plies are spaced by approximately ninety (90) degrees when the pairs are viewed along the central hub axis.

Claim 45 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body has first and second ends and a central portion, the first and second ends each comprising a bell shaped portion, a thickness of the hollow tubular body increasing as one moves from the central portion toward one of the first and second ends.

Claim 46 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body has first and second ends and a central portion, an intermediate portion being located between the central portion and each of the first and second ends, the central portion having a first cross sectional thickness, the first and second ends having a second cross sectional thickness greater than the first cross sectional thickness, the intermediate portion having an increasing cross sectional thickness as one moves from the central portion outwardly.

Claim 47 (New): The bicycle wheel hub of claim 30, wherein fibre fabric comprises at least one of carbon fibres, glass fibres, and KEVLAR fibres.

Claim 48 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body is symmetrical about a central plane oriented orthogonally to the central hub axis.

Claim 49 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body is asymmetrical about a central plane oriented orthogonally to the central hub axis.

Claim 50 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body has a flange proximate an end thereof.

Claim 51 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body has a flange proximate to first and second ends thereof.

Claim 52 (New): The bicycle wheel hub of claim 30, wherein the hollow tubular body has a flange proximate an end thereof.

Claim 53 (New): A bicycle wheel hub, comprising:

a plurality of fabric strips each strip having a longitudinal axis, the plurality of fabric strips each having fibre fabric incorporated in a matrix material, each of the plurality of fabric strips having the strip longitudinal axis oriented in a first direction, and

a plurality of fabric plies each ply having a longitudinal axis, each of the plurality of fabric plies having fibre fabric incorporated in a material matrix, the plurality of fabric plies each having the ply longitudinal axis oriented generally in a second direction orthogonal to the first direction, wherein the plurality of fabric plies are integrated with the plurality of fabric strips and at least some of the

plurality of fabric strips and the plurality of fabric plies are interspersed with each other in an overlapping alternating fashion.

Claim 54 (New): A bicycle wheel hub, comprising:

a plurality of fabric layers spaced from a central hub axis, the plurality of fabric layers each having fibre fabric incorporated in a material matrix, wherein the plurality of fabric layers are integrated and at least one of the plurality of fabric layers has a plurality of recesses along a lateral edge thereof.

Claim 55 (New): The bicycle wheel hub of claim 54, wherein at least one of the plurality of fabric layers has a combination of the plurality of recesses and a plurality of extensions along the lateral edge thereof.

Claim 56 (New): A bicycle wheel hub, comprising:

a plurality of fabric layers spaced from a central hub axis, each of the plurality of fabric layers having fibre fabric incorporated in a material matrix, wherein the plurality of fabric layers are integrated and the fibre fabric comprises at least one of carbon fibres, glass fibres, and aramid fibres.